

AMENDMENTS TO THE CLAIMS

Claims 1-21 (Cancelled)

22. (New) A body supported device for monitoring a user's activity and condition comprising:

a housing adapted to be supported on the body of the user;

a timer disposed in the housing for generating a signal representative of time;

62 an activity level sensor disposed in the housing for operatively sensing an activity level of the user, and generating a signal representative of the activity level of the user;

an activity entry means supported on the housing for generating a signal by the user;

a processor within said housing that uses said user activity level signal representative of the activity level of the user, said time signal and said user input signal in determining the activity level of the user for a period of time wherein the activity level for the predetermined period of time is stored in an activity log maintained in the memory; and

an external display means disposed on the housing for communicating the activity level.

23. (New) The device as set forth in claim 22 further comprising a food consumption entry means for generating a signal indicating food consumption by the user, for a food log maintained in the memory.

24. (New) The device as set forth in claim 22 further comprising a communication link for communicating with a remotely located computing device.

25. (New) The device of claim 24 wherein the remote computing device is a personal digital assistant.

26. (New) The device as set forth in claim 24 wherein said communications link is a wireless communication means.

*Ag cont*  
27. (New) The device as set forth in claim 22 wherein said activity entry means is used by the user to indicate a start or an end of the activity by the user.

28. (New) The device as set forth in claim 22 wherein said device is supported on the wrist of the user.

29. (New) The device as set forth in claim 22 further comprising a voice sensing means for recording a voice signal to the processor for use in determining the activity level of the user.

30. (New) The device as set forth in claim 22 further comprising a physiological sensing means disposed on the housing for sensing a physiological parameter for use in determining the activity level of the user.

31. (New) The device as set forth in claim 30 wherein the physiological parameter is pulse rate.

32. (New) The device as set forth in claim 30 wherein the physiological parameter is body temperature.

33. (New) The device as set forth in claim 22 further comprising an imaging means supported on the housing for capturing a digital image upon actuation by the user and for recording said digital image in the memory.

*A2 cont*  
34. (New) A method of health management using the activity level of a user, said method comprising the steps of:

measuring a resting metabolic rate of the user using a metabolic rate-sensing device;

using an activity monitor to monitor an activity level of the user while the user is engaged in the activity;

determining an activity metabolic rate of the user while engaged in the activity, using the metabolic rate-sensing device;

correlating the resting metabolic rate of the user with the activity metabolic rate of the user to determine a metabolic rate correlation factor; and

using the metabolic rate correlation factor and sensed activity level in determining an activity caloric expenditure of the user when engaged in the activity.

35. (New) The method as set forth in claim 34 further including the step of recognizing a pattern in the activity level signal to identify the activity and correlate the activity with the activity caloric expenditure of the user.

36. (New) The method as set forth in claim 34 further including the step of sensing a start or an end of an activity using an activity sensing means.

37. (New) The method as set forth in claim 34, wherein the resting metabolic rate and activity metabolic rate is measured using an indirect calorimeter.

38. (New) The method as set forth in claim 34 further including the step of using the metabolic rate correlation factor when the user subsequently engages in the activity.

39. (New) The method as set forth in claim 34 further including the step of using the activity energy expenditure and a resting energy expenditure in determining a total energy expenditure for the user.

40. (New) The method as set forth in claim 34, wherein the activity monitor includes a housing adapted to be supported on the body of the user, an external display means disposed the housing, a timer disposed in the housing, an activity level sensor disposed in the housing for operatively sensing the activity level, an activity entry means supported on the housing, and a processor within the housing.

41. (New) A method of health management using the activity level of a user, said method comprising the steps of:

measuring a resting metabolic rate of the user using an indirect calorimeter;

using an activity monitor to monitor an activity level of the user while the user is engaged in the activity, wherein the activity monitor includes a housing adapted to be

supported on the body of the user, an external display means disposed the housing, a timer disposed in the housing, an activity level sensor disposed in the housing for operatively sensing the activity level, an activity entry means supported on the housing, and a processor within the housing;

determining an activity metabolic rate of the user while engaged in the activity using the indirect calorimeter;

correlating the resting metabolic rate of the user with the activity metabolic rate of the user to determine a metabolic rate correlation factor; and

using the metabolic rate correlation factor and sensed activity level in determining an activity caloric expenditure of the user when engaged in the activity.

42. (New) The method as set forth in claim 41 further including the step of recognizing a pattern in the activity level signal to identify the activity and correlate the activity with the activity caloric expenditure of the user.

43. (New) The method as set forth in claim 41 further including the step of using the metabolic rate correlation factor when the user subsequently engages in the activity.

44. (New) The method as set forth in claim 41 further including the step of sensing a start or an end of an activity using an activity sensing means.

45. (New) The method as set forth in claim 41 further including the step of using the activity energy expenditure and a resting energy expenditure in determining a total energy expenditure for the user.

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